

# super news

## In season during november

### fruit

#### at their best

Avocados  
Bananas  
Blueberries  
Cherries  
Grapefruit  
Mangoes  
Melons  
Oranges – Valencia  
Papaya  
Passionfruit  
Pawpaw  
Pineapples  
Raspberries  
Strawberries

### vegetables

#### at their best

Artichokes  
Asian greens  
Asparagus  
Beans – green  
Cucumbers  
Green onions  
Lettuce  
Peas  
Potatoes  
Silverbeet  
Spinach  
Spring onions  
Sweetcorn  
Tomatoes  
Zucchini  
Zucchini flowers

You know the warmer months have officially arrived when barbecues around town start firing up. We've come up with some fantastic new barbecue recipes that are also low in fat, meaning you can eat up and still fit into your swimmers! Check out our BBQ entertaining feature on page 46, as well as our divine desserts (you'd never guess they're low-fat!) on page 80.



### Slip, slop, slap

It's getting hot out there and many of us are heading to the beach, lake or local swimming pool. But don't forget to slip on a tee-shirt, slop on the sunscreen and slap on a hat. Skin Cancer Action Week runs from November 14 to 20. Go to [www.cancer.org.au](http://www.cancer.org.au) for more details.

### Race time

The 'race that stops a nation', the Melbourne Cup, will be held on November 2. If you're in Victoria the day is also a public holiday, so get your glad rags on and head down to the races. For the rest of us, pubs, clubs and workplaces will also be celebrating so join in the spirit and cheer your favourite horse on.

### Remembrance Day

November 11 marks 86 years since the end of World War I and is a day to remember the sacrifices men and women have made in all the conflicts over the past century. It's a good time to talk to your kids about what Remembrance Day means and help another generation of Australians to appreciate how fortunate they are.

### What's on in november

- ✦ It's barbecue and picnic season – time to think carefully about the safe preparation and storage of food. November 8 to 13 is Food Safety Week and the focus is on being careful when preparing food for the young, the elderly and those with immune deficiencies. Go to [www.foodsafety.asn.au](http://www.foodsafety.asn.au) and keep a look out for Nicole's food safety advice in our bumper Dec/Jan issue, on sale November 10.
- ✦ Do you have a family member or friend with diabetes? World Diabetes Day falls on November 14 this year so why not make a sweet treat for any diabetics you know. Check out our diabetic-friendly watermelon, peach and strawberry granita (p82).
- ✦ November 5 is National Walk to Work Day so dig out those running shoes! Go to [www.walk.com.au](http://www.walk.com.au).

### WHAT'S NEW

**WIN!**

Kenwood's new range of frying pans and saucepans feature cast steel cool-grip handles. The saucepans also feature twin-sided pouring lips. To celebrate their launch we've got 6 sets to give away, each valued at \$249. Each includes a frying pan, 3 saucepans and a milk pan. To win a set, tell us, in 25 words or less, why your stovetop wants new pans. Send in with this coupon (photocopy or original) to [SF/Kenwood Comp, Locked Bag 5030, Alexandria, NSW 2015](mailto:SF/Kenwood Comp, Locked Bag 5030, Alexandria, NSW 2015), by November 9, 2004.

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